

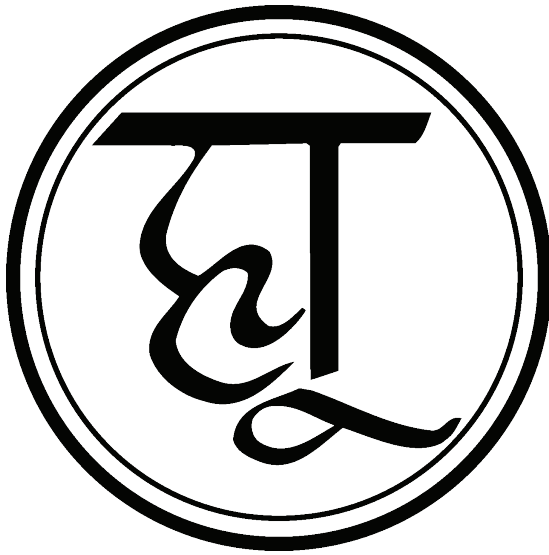
TIMELESS WISDOMS



How Can I Live a Spiritual Life?

The Essential Teachings of MSIA - Book 4

TIMELESS WISDOMS



How Can I Live a Spiritual Life?



Mandeville Press

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John-Roger has a unique ability to articulate truths about life here and in the Spirit. He puts into words for our time the timeless wisdoms of lovers and knowers of God through the ages.

The titles of the chapters on each page of this booklet are phrases that John-Roger repeated over and over again in the thousands of talks, seminars, and Question and Answer sessions he gave throughout the world for over forty years. They are a wonderful and clear distillation of the teachings of the Movement of Spiritual Inner Awareness (MSIA).

This booklet is one of a series of four excerpted from the book, *Timeless Wisdoms* by John-Roger, DSS. To read the book in its original form, please visit:

<https://www.msia.org/shop/product/timeless-wisdoms/>

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*People question life, but that is not
the correct approach. The Spiritual Warrior
watches how life questions them.
And underneath it all, the answer will always be,
“Have I loved to my capacity today?”
That’s the answer to questions
for every millennium...
“How can I love more this day?
How can I give more than I take?”*

– John-Roger

Acceptance Is the First Law of Spirit

We talk of Spirit and the spiritual laws of acceptance, cooperation, understanding, and enthusiasm. You must first accept yourself before you can accept others, and you must first cooperate with yourself before you can cooperate with others. Acceptance does not imply belief. Acceptance implies acknowledgment of what's going on. It does not state "true" or "false"; it only acknowledges.

If you accept the presence of someone in your life, you can start cooperating with that person, and that cooperation produces the experience that will give you the understanding. Then you can become enthusiastic within the understanding, and the enthusiasm gives you the impetus to transcend the negative levels and reach into Soul.

The reason more of us are not spiritually aware people is that we often don't or won't accept what is happening. Acceptance is a flow of consciousness that

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continually moves on to the next thing. So accept whatever comes your way, and don't grumble against anything that happens to you. If it happens, it happens. Go on about your business. Keep flowing.

You cannot control circumstances from the outside, so instead of resisting pain or failure and defending against it, you can embrace and encompass your pain and your failures, fully accepting them so that they become part of you. You then can let them go because they are part of your inner environment—they are within your domain—and the loving of your Soul can dissolve them.

When we surrender our petty control patterns to our Soul—which is on a higher and more refined level than our minds, emotions, and bodies—we transfer our consciousness to what is really running things. We then don't have to make things happen in our lives. They simply happen, and our task is to cooperate with the natural movement inherent in all things.

So never forget that you are more than what you do. You are more than anything you teach. You are more than anything you say. You are more than anything you could ever express. Always keep in mind that the highest good will prevail and that you simply need to cooperate with it. It's ironic, but the key to being truly in control is cooperation.

When you simply let your own self, which is God, shine through, there is such freedom because you

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never have to pretend to be something you're not. If you're feeling particularly loving and positive, that's fine. If you're not, that's fine, too. It's okay to be whoever you are in the moment.

Misery is separation and the feeling of being separated. Joy is the oneness of all. To reach the oneness, you accept and own all aspects of living: the mistakes, the glory, the deceit, and the integrity. When you accept and own it all, there is nothing you are not, and you become one with God, which is all.

For the Highest Good of All Concerned

When we speak of the highest good, we speak of the highest God form, the God of all things. And when you honestly ask for things “for my highest good,” your experiences will be for your highest good.

If you find yourself being blocked in your pursuit of a particular goal, you might be wise to step back, take another look at your actions and motivations, and re-evaluate whether the goal is for your highest good and the highest good of those around you.

And when you are an initiate of the Mystical Traveler and are working closely and consciously with Spirit, there is no need to ask for anything beyond whatever is for your highest good for your next level of unfoldment. All things are already being brought to you to lift you, to purify you, to prepare you to receive the keys of God’s kingdom.

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And when you ask for the Light for the highest good in relation to something you want, it is then also important to let it go and forget about it. Just trust that if it's for the highest good, it will come forward, and if it isn't, it most likely won't.

Societies will fall many, many times in the evolution of the planet, and governments will come and go; that is the nature of this planet. But the Spirit stays forever. The key is this: reach always into the Spirit for the highest good of all and perceive all situations from that point.

The Light is the energy of Spirit that pervades all levels of consciousness. It is an energy that is of God. It is pure, uncorrupted, and available for our use. The Light is in every aspect of your experience and your expression. You have never been less than the Light. That's who you are in the fullness and the glory of all your consciousness.

The Light is not sitting around, chanting and looking holy all day. The Light is the total beingness of all consciousness, on all levels, at all times. The Light is everywhere. When you accept that, you've made your first step.

"Light for the highest good" is a complete prayer. Nothing else is necessary. It will fulfill every need.

No one really has control over the Light, but if you're attuned to the Light of Christ, you can ask that it be sent for the highest good to those people or situations

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that you feel could use it. If it can go for the highest good, it will go. And if it can't, it won't.

By asking for the Light, you can be in a state of constant prayer for the upliftment of everyone, full of love for the essence of that beingness. Then wherever you go, people will thank God that you're there. And that's really nice.

It also assists your Soul's growth when you silently send the Light to others. Those who know the Light and want to know and experience more are those who receive responsibilities for everyone with whom they come in contact.

This is a load that may scare many people away, but the load is just this: when you go out into the world, always ask for the Light to surround and protect you and to move ahead of you for the highest good.

As you do this, remember that the spiritual heart is the center from which you work in your outflowing of love. When people start coming too close to you, place the Light between you and them, and let the Light take the karma. The Light can handle it. All you have to do is maintain your awareness of the Light and place each situation and person you encounter into the Light.

There are a lot of ways to hold the Light and send the Light and work with the Light. One way is that as soon as someone tells you about a situation, just pass it right into the consciousness of the Light. Before that person even finishes getting the words out, it's gone. And treat

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everybody with kindness and consideration. Let people learn of your Light by demonstrating it in the way you live your life, rather than just by your words.

As an initiate of the Mystical Traveler progressing through the various levels of initiation, you become more and more powerful as you become more and more closely attuned to the Light and the Sound and the source within you that is God. Your very thoughts become prayers.

One of the most profound prayers you can whisper within the depth of your being is, “Father, Thy will be done.” Then let go and let God work with you. When you utter that prayer in total sincerity and integrity, you bring yourself into alignment with Spirit and the plan God has for you in this life and for all eternity.

Observation Is the Key to Letting Go

Observation is a matter of staying within your own spiritual center, maintaining your awareness of yourself and of the spiritual power and protection available to you, and simply watching what happens in the outer environment.

To know what is spiritual in a situation, you have to get above it, not run any of your own “stuff” on it, and move to a place of observation. If you would just enter into observation, you would be able to perceive so much more clearly.

From that state of observation, you realize that there’s nothing there. You have nothing to gain or lose one way or another, and it doesn’t matter whether you are involved or not. You’ll be able to see things really clearly, just for what they are.

And if you don’t see something clearly, you shouldn’t assume anything about it, because as soon as you

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assume anything, you've moved out of observation and you have your own stuff mixed up in there.

We don't stay in this level; we go through it. We don't become a major catastrophe to ourselves when, for example, we have a fever of 101. We watch it to see what it's telling us. Sometimes it's burning out a disease in the body. Sometimes the heat of the body is destroying an unwanted virus or something like that. So don't be too anxious to change something. Watch it to see what it is telling you. You don't have to push your panic button and man the lifeboats at the first little sign of something. You just observe it.

Observation is a state of detachment that lifts you into a greater awareness, and you can become more and more free. The process of observing what is so about your life helps release you from ego and can allow the power of God to flow through you.

All you have to do is open and say, "Lord, I receive. Thank You for Your presence." So thank God for all your experiences. You're here to learn. You grow into your divine potential by very carefully watching all the levels of your consciousness.

Take Mental Dominion

You cannot control the mind or the emotions, but you can direct them the way you want them to go. When the emotions flood forward, you can stand clear of those emotions. You can change your direction and place a new direction for yourself to move mentally and emotionally.

You are not responsible for what comes into your mind. A lot of things come into your mind all day long, and you can let any thought just flow in and flow out.

You are responsible for what you hold in your mind and for those thoughts to which you add your energy. So be careful what you hold in your mind because you may become that.

The point is not to do away with the emotions and thoughts but to become master of them and use them, as necessary. Use them when they come in, and put them aside when you no longer need them.

You can demonstrate your ability to assert and maintain dominion over your inner environment. This is the joy of being the master of your inner household.

Stumbling Blocks into Stepping Stones

I really don't look at anything as a problem. I look at everything as an experience that comes my way so I can perceive the relationship between me and the experience and then, by learning to handle the experience, create an advantage out of it. As I do this, every experience becomes my stepping stone.

If you look at your life this way, the “failure” of one experience can prepare you for the success of the next, and success can often be letting go of those things that block the experience of love.

To move forward in your love and your spiritual progression, all you need to do is make the most out of every situation, regardless of what it is. Use everything to grow and to learn. Use every stumbling block as a stepping stone.

Red Socks, Blue Socks – You Decide

Ten percent of your consciousness is on the physical level, and 90 percent of your consciousness is on the other levels (astral, causal, mental, etheric, Soul, etc.). And in the 90 percent is where the Traveler does his work with you. Something that is in the 10-percent level is a physical-level situation and is for you to decide about.

This means that with jobs, health, money, relationships, places to live, foods to eat, where to travel—whether you wear red socks or blue socks—the decisions are yours. You (and everyone) have come to this planet to learn and grow, and the Mystical Traveler won't take those learning opportunities from you, so he leaves it up to you to handle your own 10-percent level.

The Traveler's work is to give you strength in the Spirit and in the Soul, so that when you have balanced

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the physical level, the way will be prepared to lift you into higher consciousness.

You are a spiritual being, an extension of God, yet you also reside in a “negative” realm and must deal with a physical body, emotions, mind, and unconscious, so there are bound to be paradoxes because the physical level is one of trial and error and change. But as you become more balanced in both your inner and outer expressions, your life will become more balanced.

The physical level becomes balanced as you find yourself eating better foods and monitoring how much you put in your mouth. Your emotions become balanced as you learn to love yourself and take care of yourself first and to do those things that bring you joy and fulfillment. The mental area becomes balanced as you learn to think positive thoughts and to communicate more clearly with yourself and others. Keeping these levels in balance is part of your responsibility.

You take care of your responsibilities so you’re not a burden to anyone, on any level, and so you will be free to travel the high realms. You can lift yourself into a greater awareness of Spirit and God’s love and still be very practical in your daily life. The two are not in conflict.

You can say, “I do want Soul consciousness, and I do want to move into the higher levels. That is my goal and my deepest desire. I am also here in this world today, and I have to work to pay the rent.” So you set

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your goals high and keep focused on them as you keep walking through this level. That's the way to get where you want.

Take care of yourself by being the best you can possibly be. Live your life with the greatest integrity, the greatest loving, the greatest honesty of which you are capable. If you find yourself slipping in one of those areas, face it and take the steps necessary to clear and balance it.

And if you perceive an area in which you seem to be blocked, use the Mystical Traveler Consciousness to bring clarity and understanding. If this is an area that can be released and dissolved, the Traveler Consciousness will do it if you ask.

If this is an area that is necessary for you to complete and you ask for it to be dissolved, you may gain greater understanding of why you are working in that area. The Traveler will not dissolve the area if doing that is not for your highest good, but it will assist you with the understanding.

You are of God regardless of what you do or don't do physically, so be careful not to base your evaluation of your spiritual growth upon whether you buy a new car, go into a new business, move from New York to Los Angeles, get married, or quit your job. And if you don't "see" any progress in some of your 10-percent areas, don't worry.

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You can't necessarily equate spiritual progress with the experiences in this world. When you look at total reality from a high point of spirituality, when you are working with the Mystical Traveler Consciousness, what you do in your physical body has very little, if anything, to do with your spiritual progression.

Remember, too, that it is the spiritual levels that are perfect; it is the Soul that is perfect. There's no perfection on the physical level, so don't worry about attaining perfection because none of us will ever be perfect here, although we can shoot for excellence. Also keep in mind that each of us is still evolving, changing, and growing, and part of our growth process involves making mistakes and making corrections.

The Mystical Traveler doesn't ask a lot of you. It asks you to do your spiritual exercises every day, to love one another, and to live without hurting yourself or others, in ways that will nurture and care for yourself and others. Within those parameters, all the choices are yours, so choose love as much as you can.

These are the actions of love: increase your Light, continue your development, be a joy to everyone you see, lift yourself continually. And if there is no loving in what you're doing, you're on the wrong track. If there is loving, joy, and a feeling of upliftment in what you're doing, then you can't go far wrong.

Health, Wealth, and Happiness, Prosperity, Abundance, and Riches, Loving, Caring, and Sharing, and Touching to Others

In MSIA, we have nine ideas that we use in relationship to other people and ourselves: health, wealth, happiness, prosperity, abundance, riches, loving, caring, and sharing. There is also a tenth one: reaching out and touching to others and sharing all this with them. We are the only organization on the face of the planet that has all of these things as our guiding light.

Health

Health can be found in loving who you are. So take good care of yourself, which is another way to love yourself. Eat good foods. Exercise. Do those things

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that keep you healthy. Put your physical choices and activities in a higher perspective so you see them as opportunities to love yourself more fully.

Wealth

Being attached to the accumulation of material wealth might be a deterrent to discovering the more spiritual aspects of yourself. But material wealth can also be an outer reflection of the inner wealth and abundance that you are experiencing inside. There is nothing “wrong” with having material possessions. Sometimes they can assist you to live a more comfortable life so that you can more easily be of service to others. And many times sharing the abundance of your material possessions can be beneficial to others. It’s all in how you handle it inside yourself.

Happiness

Happiness is inherent in the consciousness of Soul and can only be realized by traveling the inner path. The illusion in your endless outward seeking is that the true self has been beguiled by the world, and you are out there searching in the world to find your happiness. So be careful that you don’t give away to the whims of the outer world your ability to create and experience joy within yourself.

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When you move to the power source of your beingness in the inner kingdom, you find happiness and joy, which is the nature of who you are. It is a dynamic joy, an active expression of happiness. And within that happiness is peace. It may not be a jovial or raucous happiness, but it is one where the warmth of your own consciousness is united with the knowingness of your Soul. And when those two aspects are one, happiness is the natural result.

Prosperity

Prosperity is for you—both the abundance of Spirit and the manifestation on this physical level. So make a choice to choose prosperity, to focus on it, and to decide that not only do you deserve it but you're going to go for it and get it. And if you create an attitude of supporting yourself and others in doing the best you and they can, many aspects of creating your prosperity and abundance can fall into line.

Abundance

It has been said, "You are all gods. You are all abundant. You are all creators." As you know this and experience the joy of being part of this, you can experience the ease of creating abundance, sharing it, and creating even greater abundance, as an ongoing, replenishing process, all in the perfect timing of Spirit. And since

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Spirit is a constantly expansive, available energy that is dynamically present, it is up to each individual to keep the channel open to receive of the blessings of abundance.

Riches

Riches may represent dollars, but they might not. It may be that you are rich in friends. Or your riches may be in your health, in your family, in your society. And nothing is as good as health, as the wealth of health and the happiness of health. When you hit that, the riches of the world mean nothing. Jesus said it this way: “Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal” (Matthew 6:19, 20).

Loving

What matters in each and every moment is that you are loving. Be loving to yourself and to others. When you are doing that, in the reality of each moment, all other dilemmas will fall into line, and you will begin attuning yourself to the greater love that is the love of the Mystical Traveler Consciousness. The first step is to be loving. It is also important to understand that you probably won't get an advantage over anyone in

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this world by having an open, loving heart. All that is going to happen is that you will live in a higher state of consciousness while you walk through the lower levels. That's it. And that's enough.

Caring

There is a great field of loving that moves through the people who are united in the Mystical Traveler's love. It's manifested through each one of you as you are caring, helping, working, and just being friendly with one another. And the way to tell if you're really being friendly to other people is the heartfelt response that is truly caring for them.

Sharing

You never know all of God's plan, so don't miss any opportunity to tell someone of the love of your beingness and the love of God's beingness. But don't cram it down their throats or make them feel that they don't have love or that they're not worthwhile. Live in the love of your own beingness and share that with others, for there is nothing quite as nice as sharing your loving heart. A little loving can awaken others to their own Light, and then they, in turn, can share it with more people. We can change the world this way.

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Touching to Others

The Light of your consciousness is the most magnificent gift that you can ever give, the most valuable thing there is. Your individual expression of the Light is so precious in its perfection and beauty, and the Light in you will attract the Light in others. Don't be afraid to take someone's hand. Don't be afraid to hug people. Share the love. Give it out. The love will be greater in you as a result.

Our challenge is to take what we've learned and share it. If we don't share what we've learned, if we don't reach out and share our experience with others, then there is very little value in our having participated. What we're dealing with is the overall upliftment of society—the actual transformation of the planet. That transformation is possible if we are willing to reach out, if we're willing to communicate, to share, and to touch those people in our lives.

John-Roger's Prayer

Lord God, as You've always heard me, as You've always talked to me, see if You can see it clear to talk to the hearts of these who are Your people that are choosing You. Sustain them in what they plant. Let them reap the harvest. Let them have the abundance, prosperity, and riches, the health, wealth, and happiness,

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the loving and the caring. But mostly, Lord, let them involve themselves in the sharing.

Everyone Is Doing the Best They Can with What They Know

If you will keep in mind that almost every person is attempting to do the best they can, you can have much more congenial relationships. And this includes you. You can say to yourself, “I am tired of saying that I can’t handle things. From now on, I’m going to handle things the best way I can from where I am and with what I know, and I’m going to allow other people the same right.” Ah! You are in unconditional love, unconditionally loving everyone all the time.

When people hit against me with their unkind words, I think, “God bless you. There must be so much turmoil inside of you to have to do that. It must really be difficult living with all that hurt and agony inside. So I won’t do anything to make it worse for you.”

For if you could look at the agony, the heartache, and the sorrow of your worst enemies, you would find that they have more than they can hope to handle, and you would do nothing but send them thoughts of love and

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joy and happiness. You would just leave them alone with your mouth, your emotions, your mind, and your physical body. You might just ask God in His mercy to extend to them everlasting peace.

If you can't love somebody, it's best to say, "I don't know who they are." That's a clear statement because if you don't love someone, you really don't know who they are. Anyone who is truly known to you is loved.

So do you love and assist those you are with? Do you keep in mind that all people are doing the best they can with what they know? Do you use the Light in all situations to assist and uplift? If that's your expression, you are moving into Soul.

Magic Words

When you are a positive power, a “lighthouse,” that positiveness will go out to people. You bless every person you walk by during the day when that Light is flowing through you. When you walk by someone and, either out loud or silently, you say, “God bless you,” the power of the mind will send positive energy out to that person.

I have told young people whose parents fight a lot, “When your parents are fighting, just sit or stand nearby and say over and over in your mind, ‘God bless you.’” Some of the youngsters have done this and reported back that although their parents were fighting and really upset with each other, pretty soon they just went quiet and walked away. And later they started kidding around a little bit, and everything was all right again.

There are also other magic words that create positiveness. Silently saying “God bless you” can certainly change people, but if you really want to watch them change in a hurry, silently add, “I love you.”

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They can become absolutely elated. The negativity goes, and the positive energy sweeps in. To do even more, you can add, “Peace, be still,” and extend that to all creation even in the midst of upset.

Love is a cohesive power that brings everything together. Love has the potential to change it all into positive action and a positive flow of Spirit. These magic words can cause miracles to happen.

There's Got to Be a Pony Here Someplace

The story is told of two little boys who were put into two rooms piled high with manure. A couple of hours went by, and someone checked on the two boys. One was crying and complaining about the sight and the smell of the manure and his “horrible” fate at being shut up in the room. The other little boy was smiling with great joy and shoveling manure just as fast as he could. When asked why he looked so happy, he said, “With all this manure, there’s got to be a pony around here someplace.”

You cannot control your outer environment; you can control yourself. You are the master of any situation that comes your way. You might say, for example, “Yes, but I’m going to school and the professor asks me to do certain things, and then he tests me on them. How can I be the master of that?” You are not the master of the professor; he is the master of himself, and since he is the creator of the situation, he is in control of it. You,

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however, are the master of yourself, and within that situation, you can control yourself.

Your job on this planet is rather well laid out for you. It is to keep your attitude, your consciousness, in a favorable condition for your self-growth. And much of your ability to open to new things, to be able to incorporate new ideas into your life, to change your patterns of behavior, and to grow depends on your attitude towards the situations in which you find yourself. If you can keep a positive attitude, you can learn from any situation. You can continually grow and lift in consciousness, and life can be a beautiful experience.

There are thousands of people studying with the Mystical Traveler who are saying, “In this freedom and love you’re bringing forward—even though the situation hasn’t cleared and it’s still a garbage pile—I now realize it’s compost. I just let a lot of things grow and use them to a great advantage.”

So when things are not as you would like, you can lift your attitude and look for the lesson, the good, and the blessing in your experience. If you can do that, you can turn it into something positive and gain a greater consciousness of Light.

An immediate result of Soul Transcendence is to rise above situations and see them in perspective. At that point, you don’t have to solve anything. Your attitude shifts as you attune yourself to the Spirit within, and the “problem” dissolves. It’s called releasing karma. And it is also called living free.

You Can Go Through Life Laughing or Crying

Life is just humor at its funniest state, and when something difficult happens to you, it's important to see that you must go on, regardless of your attitude. You can go on laughing or go on crying. If you have a choice (and you do) you might just as well go on laughing. It's more joyful.

Spirit is joyful, and the nature of the Soul is joyful. The personality isn't always joyful, but it is part of the illusions of the physical level. The personality may feel lost, but there are no lost Souls. The Soul always knows where it is. It just doesn't care. It knows it's going to outlast the body, mind, and emotions, so why shouldn't it be happy in these lower worlds?

And because the Soul has little concern about time or space, it is unconcerned with the trials of the physical, emotional, or mental levels. It moves into the physical body, inhabits it, and has a wonderful time doing the divine dance of God. In the midst of your

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personality trivialities, the Soul is laughing. So go ahead and just be happy.

If It'll Be Funny Later, It's Funny Now

When you can look at your life in perspective, you will see the humor of it. Enjoy it. Enjoy yourself in all your escapades. When you do, it's easy for the loving to come present and manifest itself in everything you do, and laughter is love being demonstrated and expressed.

It's so good and healing to be able to laugh at yourself and with yourself. If you take yourself too seriously, you are probably going to fall to your knees before too long and have the world on your back. That may be a very hard burden.

The ultimate is what we're dealing with. Along the way towards the ultimate, you can have a lot of people, a lot of things, a lot of experiences, a lot of laughs, a lot of jokes, a lot of illnesses, a lot of happiness.

The Bible talks about how there's a season for this and a season for that, and you just participate in what season you care to and allow other people to

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participate the same way. In that you'll find your freedom. In the Spirit you'll find your liberation. And if that's all going to happen, we might just as well laugh and live in grace.

If It's Not Fun, Why Do It?

If you stay focused in the now, you can have tremendous joy and great fun wherever you find yourself. It's all your attitude, and your attitude is your choice. So if you're down, do whatever is necessary to change depression and discouragement to the positive energy of fun and laughter. Go to a funny movie. Go out with some friends and have a good time. Tell yourself jokes. Tickle yourself. Sing. Chant. Start laughing

In MSIA we do have a lot of fun. If someone wants to join us, that's fine. If they don't, that's fine, too. We just continue having a great time, and if I'm not having fun, you probably won't find me doing it.

Win in Your Fantasy

Don't lose in your fantasy. Always win in your fantasy because you're making it up. Don't make it up as bad; make it up as good.

When you worry, you're holding pictures in your mind that you want less of, but the law of Spirit says, "What you focus upon, you become. What you focus on comes to you." So hold in your mind what you want more of.

Gratitude Is a Powerful Antidote to Negativity

When you are in a state of heartfelt gratitude for your life and everything in it, you have discovered a spiritual truth.

One of the most beautiful and gratifying of all prayers is just saying, “Thanks.” In reality, that is the only prayer necessary. If you surrender to God’s will and something seemingly negative happens, just say, “Thank you, Lord,” and look for the growth within it. You can also be grateful that God is involved—directly involved—in your life.

Be grateful that God is purifying whatever needs to be purified, making sure that you learn the lessons you’re here to learn, and taking you higher and higher all the time. Ultimately, you can’t do anything “wrong,” because God is with you, in you as you, and is making sure that it all comes out perfectly. And that is a lot to be thankful for.

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An attitude of gratitude is also a key to being in harmony with infinite supply. When you can honestly and truly thank God for what you have, for all your experiences, for all the people in your life, and for all your expressions, the sense of gratitude goes very deep. In that depth, you are open to infinite supply.

You also might think about being grateful when your desires are *not* being fulfilled. You might think about being grateful when your prayers are *not* being answered. Let those desires and prayers go, and ask only for the highest good, that you might be free of the creation of desire, that you might be free from illusion, that you might be free to know your own Soul and its perfection and glory.

Sometimes the best way to make the most out of a situation is to get out of it. The other way is to accept it and be grateful that it isn't worse. I find that it's much easier to just love it all. When it shows up, I go, "Wow. Another form of loving. Another face of loving. Another expression of loving. Another location of loving." And then I get to participate in it. That's grateful.

As you accept what you have and give thanks for your blessings, you find your life becoming happier and happier. Because, truly, my friends, you are blessed. There is not one of you who is not continually receiving of God's infinite blessings and grace.

God Is Your Partner

If you are an initiate of the Traveler, progressing through the various levels of initiation, you become more and more powerful as you become more and more closely attuned to the Light and the Sound and the source within you that is God. Your very thoughts become prayers, and if those thoughts are energized through your emotions, you can create extremely quickly and effectively that which you desire. So it makes a good deal of sense to monitor your desires and, if you find them aligned with your deepest goals, to work with God as your partner.

In MSIA, that is done primarily through tithing and seeding. Tithing is about placing God first in your life, and being a joyful giver is a great part of loving the Lord with your body, mind, and Soul. For our time, tithing goes back to the time of Abraham, when he gave to the high priest, Melchizedek. But when Jesus incarnated, the old law of tithing was superseded by a new process under the Christ.

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So we take the old law and move it around to realign it with the new energy flow. When you tithe to MSIA, you tithe in that new energy flow under the Christ. That means when you tithe out of your goodness and gratitude, there is going to be a lot of grace coming your way. And people who tithe in MSIA experience incredible things. They don't necessarily experience money things, but they experience a freedom of the Spirit in them. It's like it's no longer in bondage.

God said, "Ten percent of everything you own comes to Me first. Any increase you get, I get 10 percent first. That's Mine." What God really should have said is, "It's all Mine, and you can have 90 percent."

Tithing is a way of saying, "God, pour forth whatever blessing You have for me."

It's very true that if you tithe, you know God, but it is also true that if you want to know God, you tithe. The statement works both ways.

Seeding is a spiritual action because God is your partner. In a way, tithing is saying, in essence, "God, thank you for what I have received." Seeding is for future effect and is done beforehand. It works in the same sense as when you pray over your food and say, "Thank you, God, for what I am about to receive."

Seeding has to have a value from inside of you placed upon what you are seeding for. And also try to have a picture of it so that there's an object for Spirit to move into.

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Grace comes to you from God, through seeding, in so many ways—most of which you won't even be consciously aware of. For example, your seed may prevent negative things from coming in to you that you don't know about, which then allows the things that you want to come forward.

God always supplies your seeding—always—not necessarily the way you want it, because it may not be good for you to have what you have seeded for. Sometimes it's not what you get that's the blessing; it's what you don't get.

You tithe and seed to the source of your spiritual teachings, and for those studying with the Mystical Traveler, that is MSIA. But you need to remember that God is your partner. You're doing this between you and God.

Tithing and seeding, done with the right attitude of giving, can open your spirit and bring you to an inner peace by balancing some of the karmic blocks that have stood in your way. And if, on top of that, you get the material things, you're getting your cake and eating it, too.

Is God your partner? If the answer is yes, then you don't have any problems. And it's very hard for people to shake you loose from your spirit if you've done both tithing and seeding.

Sick and Tired of Being Tired and Sick

You cannot have what you want where you are, or you would already have it. This is spiritual law. You must move from where you are to get what you want. And sometimes you will make changes in your life when you simply get sick and tired of being tired and sick.

You may have to disturb yourself in order to become aware of yourself, in order to establish a reference point for your progress and to know that you are forever moving upward in your spiritual progression, moving always into the heart of God.

Your agony, your melancholy, and your despair result from slowly trying to reveal yourself to yourself, to accept your own God consciousness and your own Christ Light within. That is what all the suffering is. And you sometimes fight “tooth and toenail” to hang on to the old things you have always used, even though they are not working for you.

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When you are working with the Mystical Traveler, it will move into your consciousness, through love, and start loving the pain out of you. The Traveler can place more love within you than you can create pain. That's one of the things that makes working with the Mystical Traveler very nice.

Can the pain really be dissolved? Sure, it can just be wiped away. It happens all the time during aura balances. It happens during seminars, as you read the Soul Awareness Discourses, and when you do your spiritual exercises. But it also happens in perfect timing, as you can use it and handle it, for your highest good.

The pain releases as you learn to let it go, as you have the wisdom and the courage to say, "I can't take the hurt. I can't take the pain. I'm going to do everything I can not to take pain, not to give pain, not to promote pain, and not to be involved in pain." That's good. That's smart. That's paradise. That's heaven.

Dishonesty Forfeits Divine Aid

If you approach things in a dishonest way from any level, you are on your own, you have forfeited divine aid, and you will get to handle the consequences on your own terms. So let's look at where the divine aid is actually forfeited. We say that the Kingdom of Heaven is within. So if dishonesty forfeits divine aid, where must you be dishonest in order to forfeit divine aid? Inside of yourself.

In terms of a business, for example, if you and the people working with you run your business in honesty and in loving service—not only in your dealings with each other but also in your dealings out there in the world—it is really easy for Spirit to put Its energy there. But if deception, deceit, dishonesty, etc., enter into the business on any level, then Spirit is automatically blocked from entering in on any level.

Say you have found yourself not doing what you profess. When you are honest and say, “Yes, I have been hypocritical on many things,” you are open to receive of the essence of spiritual energy. But if you deny what

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is so, you can shut yourself down, and Spirit cannot come into a closed place. So if you deny something that is going on internally, the condition you are in or how you got there, it's very difficult to do anything to change, improve, or correct it.

The Price of Freedom Is Eternal Vigilance

Eternal vigilance is knowing that as long as you are in a physical body, you need to do those things that maintain your balance and uplift your Spirit. If you begin to let your discipline slide, the strength you have built can begin to go slack, and the subtle little thoughts against this person or that situation can begin to take their toll on your peace and happiness. There really is no rest on the spiritual path.

And it is in *this* moment that you must watch. It is in *this* moment that you must monitor your words, your actions, and your thoughts. And when you monitor everything you put into motion sexually, physically, emotionally, mentally, and financially, you start to create your freedom.

Walk through your life and, at the same time, observe yourself so you can learn from your experiences. Stay conscious and aware. Freedom comes with awareness. If you go “unconscious” and allow yourself to be run

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by your emotions and your “stinking thinking,” you may stay stuck in those levels.

So keep yourself balanced physically, emotionally, and mentally. Stay neutral and loving. Be honest in your approach to yourself and everyone around you. You might feel like you’re “walking on eggshells” for these few years that you are here, but that’s okay. You’re not here for long, and the rewards are well worth the effort.

And don’t worry about five or ten or fifteen years of watching and learning, if this is your last incarnation. It will do you little good to rush through this life only to come back and rush through eighty more or to find out that you have 180 more to go because you weren’t paying attention and were compounding your total existence rather than watching it this time.

And even when you’re in the Soul, you still need to keep exercising awareness and eternal vigilance because the negativity here on this physical level tends to pull you back into the negative areas. You can be pulled back easily, simply through judging, blaming, separating, or in some other way shutting down your loving.

Take care of yourself on all levels. Do not grow lazy in your approach to your own spiritual life. Do those things that will be uplifting. Be with other people who are following the upward path. Be loving to yourself and to others. Chant the sacred names of God. Watch yourself in every situation. With practice, that is the

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easiest thing in the world to do because it is easiest on you in the long run.

Service Is the Highest Form of Consciousness on the Planet

Taking care of yourself is a way of serving yourself. And if you want to experience the Christ in your everyday life, the answer is very simple: serve, serve, serve. I should say, serving, serving, serving. Serving means getting up and going and doing what's in front of you to do.

I think we find the Christ more readily in that serving than we do in anything else. In the Bible, Christ says, "All men will know that you are my disciples if you love one another" (John 13:35). How do we know that you do love one another? You help each other, you work with each other, and you support each other. And you just don't judge each other.

It may be necessary to let others experience their pain and tension so that they can understand what these things are and be prepared for greater things that may be coming later. They have to learn how to handle

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difficulties and discover their own solutions to their difficulties. Everyone grows by this process.

To take things from people is to deny them their own God consciousness. Don't worry. They'll find the solutions. They'll discover their own paths. If you point the way to the Light, they'll find their own ways. There is an old saying: "Give a man a fish, feed him for a day; teach a man to fish, feed him for a lifetime." If you teach people to fish, they will feed themselves. They're free and you're free. In freedom, the loving can be perfect. So discover where you can assist, rather than interfere. Assistance is a very beautiful form of loving.

After working with the Mystical Traveler many people say, "You've taught me so much and I've taken from you for so long. How can I start giving back?" You can manifest the Spirit more completely in your life and give that Spirit to others.

Give love. Give understanding. Don't preach to people. Just live with them in the fullness of your love. Become God's faithful servant, experiencing the joy that comes with serving unconditionally.

Love Is the Savior of Us All

Love is all-powerful. Jesus the Christ manifested living love by entering into this dimension and taking on everything, for all present and for all time. Jesus the Christ, the manifest reality, stood forward and said, “I come for all”—and that includes everyone, every single person, no matter what their expression.

Living love is loving yourself first, so that you can love others. It’s taking care of yourself, so you can help take care of others. It’s doing those things that are good for you, so that you’ll be happy, healthy, and a joy to be with. So learn to be unconditionally loving towards yourself.

Your relationship with yourself is more important than all the others, except your “relationship” with God. In reality, your relationship with God and your relationship with yourself are one and the same. And when love comes to you, don’t refuse it by thinking you are not worthy. You are worthy, or love couldn’t come your way.

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There is little you can do in any situation with an individual that will do anything for them, short of loving them completely. So give love. Don't tell people what to do. Instead, just support them with your love. That's the best gift of all. And when you experience the loving within you and allow others in so they can experience your loving, you can find your own love growing.

Above all, what is important for you is to keep calling forward the essence of spiritual love every day so you keep lifting higher. Let nothing stop you from this endeavor. It is more important than any other activity.

Love awakens us. When you experience the unlocking and unfolding of your spiritual heart, your loving nature, thank God from your deepest being that this is happening to you.

Baruch Bashan

*B*aruch bashan means “the blessings already are,” and the frequency of these Hebrew words inherently conveys the blessings to your consciousness. All the blessings that will ever be present exist here and now, and all you do is move into the realization of those blessings.

Glossary

Movement of Spiritual Inner Awareness (MSIA).

A church whose major focus is to bring people into an awareness of Soul Transcendence. John-Roger is the founder.

Mystical Traveler Consciousness. An energy from the highest source of Light and Sound whose spiritual directive on Earth is awakening people to the awareness of the Soul. This consciousness has always been anchored on the planet through at least one person.

90-percent level. That part of a person's existence beyond the physical level; that is, one's existence on the astral, causal, mental, etheric, and Soul realms.

Soul Transcendence. The process of moving the consciousness into the Soul realm and beyond.

10-percent level. The physical level of existence, as contrasted with the 90 percent of a person's existence that is beyond the physical realm. See also 90-percent level.

Appendix:

How to Do Spiritual Exercises

A common question that is asked by people new to MSIA is, “Where do I start, if I want to do spiritual exercises (s.e.’s)?”

John-Roger has often said that “the only wrong way to do s.e.’s is not to do them,” so there are no rules, rituals, or postures that are necessary to begin your practice. Mostly, s.e.’s are an action of the heart, in which the approach is one of devotion and a clear intention to know Spirit or God in a greater way.

Having said that, for those people who would like to have some form of methodology so they can begin their s.e.’s, we are offering the following step-by-step procedure as a suggestion for doing fifteen minutes of s.e.’s.

1. Find a quiet place with low lighting and a comfortable chair to sit in. It’s best not to listen to music while doing s.e.’s (although it’s fine to listen to music while getting ready to start your s.e.’s).
2. Sit upright, if possible, and close your physical eyes.

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3. Call yourself forward into the Light for the highest good, and ask the Mystical Traveler for protection and guidance during your s.e.'s.
4. Chant HU (pronounced like the name Hugh) or the Ani-Hu (pronounced anai-hugh), which are sacred names of God. It's preferable to do this inwardly (silently).
5. While chanting, focus your attention in the area near the center of the head directly back from your forehead. It is in this place that the Soul resides and the Soul energy gathers.
6. After you have chanted for about five minutes, stop and listen within. You are listening for the Sound Current, which is very subtle. You may hear it the first time you do this, or it may take years of practice. It is a very individual matter.
7. If you find your mind wandering and you lose the focus of listening, you can focus the mind by chanting again.
8. After about five minutes of listening, you can either continue to listen and look inside or return to chanting again. The times are approximate, of course. The idea is to spend time in s.e.'s doing both chanting and listening.
9. If you see the color purple coming from the right or center of your head, you can allow yourself to follow this inwardly, for this is a form the Mystical Traveler often takes. If the color (or any other

form) is coming from the left side, we advise not following it because this is often a negative influence. (All this applies to seeing inwardly.)

10. After about five minutes, you can open your eyes. You may want to wiggle your fingers and toes to bring the energy back into your physical body.

And so ends your fifteen minute session of s.e.'s.

Through daily practice, you can gradually build on this time period. For longer periods of s.e.'s, you can expand the time for chanting and listening to fifteen minutes each. For example, in an hour session of s.e.'s, you can chant for fifteen minutes, listen for fifteen minutes, and then repeat the chanting-and-listening cycle one more time.

All the above are guidelines, and it's important to remember that the only wrong way to do s.e.'s is not to do them. So you can experiment with how you do s.e.'s, using what works for you at a particular time and not getting attached to a certain form. And, again, the focus is on doing your spiritual exercises with as much loving and devotion to God as you can.

Let's end with a quote from John-Roger, who, to me, is always the ultimate pragmatist:

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“Boy, how I wish you could do your spiritual exercises like you can get involved in your fantasies and thought forms! You’d be in the Soul realm immediately.”

Enjoy your walks with the Lord.

Paul Kaye

About the Author

John-Roger (1934-2014)

For over forty years, Dr. John-Roger's life was devoted to the spiritual work of Soul Transcendence, the realization of oneself as a Soul and as one with the Divine. In the course of his work, he traveled and spoke extensively throughout the world and wrote over fifty books, two of which were on the New York Times Bestseller List.

John-Roger has given over six thousand talks, and many can now be found on MSIA's streaming service *That Which Is* (TWI) at: www.thatwhichis.org

That Which Is is also available through the MSIA App (for both iOS and Android devices).

John-Roger was the founder and spiritual advisor of the nondenominational Church of the Movement of Spiritual Inner Awareness (MSIA); founder, first president, and former chancellor of the University of Santa Monica; founder and former president of Peace Theological Seminary & College of Philosophy; founder and former chairman of the board of Insight Seminars; founder and first president of the Institute

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for Individual and World Peace; and founder of the Heartfelt Foundation.

John-Roger's wisdom, humor, common sense, and love have helped people discover the Spirit within themselves and to find greater health, prosperity, and peace. His legacy continues to transform lives by educating people in the wisdom of the spiritual heart.

For more information about John-Roger, you may also visit: www.john-roger.org

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